




## Lil Eagle Head Start/Early Head Start Menus for APRIL 2025

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |
|--|---|--|---|---|
|   | 1. Breakfast: Egg Omelet, Mandarin Oranges, Milk<br>Lunch: Mango Chicken, Greens/Cabbage, Carrots, Cornbread, Milk<br>Snack: Blueberry Muffin                             | 2. Breakfast: Breakfast Burritos, Berry/Cantaloupe, Milk<br>Lunch: Cowboy Soup, Peaches, Milk<br>Snack: Gold Fish Crackers & Grape Juice   | 3. Breakfast: Cheerios, Bananas, Milk<br>Lunch: Sweet & Sour Chicken, California Blend, Mandarin Oranges, Rice, Milk<br>Snack: Yogurt, Banana         | 4. Breakfast: Pan Sausage, Biscuit, Apple Sauce, Milk<br>Lunch: Fish Wedges, Fries, Tropical Fruit, Bread, Milk<br>Snack: Cheese & Crackers                           |
| 7. Breakfast: Egg Patty, Biscuit, Apple Sauce, Milk<br>Lunch: Spaghetti, Peas & Carrots, Pineapple, Bread, Milk<br>Snack: Graham Cracker, Milk             | 8. Breakfast: Oatmeal, Peaches, Milk<br>Lunch: Chicken Quesadillas, Spinach, Oranges, Milk<br>Snack: Ritz Cracker, Cheese   | 9. Breakfast: Corn Flakes, Banana, Milk<br>Lunch: Pizza, Salad, Pineapple, Milk<br>Snack: Trail Mix & Grape Juice                          | 10. Breakfast: Pancake, Fruit Parfait, Milk<br>Lunch: BBQ Chicken, Purple Hull Peas, Cheesy Potatoes, Wheat Bread, Milk<br>Snack: Turkey, Crackers    | 11. Breakfast: Scrambled Eggs, Cinnamon Toast, Cantaloupe, Milk<br>Lunch: Slider Burgers, Lettuce & tomato, Pears/Jell-O, Milk<br>Snack: Cheese Crackers, Apple Juice |
| 14. Breakfast: Grits, Fresh Oranges, Milk<br>Lunch: Chili Beans, Cucumber & Tomato Salad, Pears, Cornbread, Milk<br>Snack: Gold Fish Crackers, Grape Juice | 15. Breakfast: Breakfast Burrito, Tropical Fruit, Milk<br>Lunch: Chicken Nugget/Strips, Green Beans, Pears w/jello, Mac & Cheese, Milk<br>Snack: Blueberry Muffin, Milk   | 16. Breakfast: Pancakes, Fruit Parfait, Milk<br>Lunch: Beef Tips, Broccoli, Mixed Fruit, Rice, Milk<br>Snack: Cheese Crackers, Apple Juice | 17. Breakfast: Egg Omelet, Cinnamon Toast, Apple Sauce, Milk<br>Lunch: Chicken Jambalaya, Okra & tomato, Peaches, Milk<br>Snack: Graham Cracker, Milk | 18.    |
| 21. Breakfast: Cheerios, Orange Juice, Milk<br>Lunch: Slider Burgers, Tater Tots, Honeydew, Milk<br>Snack: Cheese, Saltine Crackers                        | 22. Breakfast: Biscuit, Sausage, Strawberry Applesauce, Milk<br>Lunch: Chicken Spaghetti, California Blend, Mandarin Oranges, Bread, Milk<br>Snack: Animal Crackers, Milk | 23. Breakfast: Oatmeal, Peaches, Milk<br>Lunch: Steak Fingers, Mashed Potatoes, Green Beans, Roll, Milk<br>Snack: Turkey, Crackers         | 24. Breakfast: Rice Krispy Cereal, Milk<br>Lunch: Baked Chicken, Broccoli, Rice, Peaches, Milk<br>Snack: Yogurt, Graham Crackers                      | 25. Breakfast: Cinnamon Toast, Berry/Cantaloupe, Milk<br>Lunch: Pizza, Spinach, Pineapple/Jell-O, Milk<br>Snack: Cheese Crackers, Grape Juice                         |
| 28. Breakfast: Grits, Fresh Oranges, Milk<br>Lunch: Beef Enchilada, Corn, Tropical Fruit, Milk<br>Snack: Trail Mix, Apple Juice                            | 29. Breakfast: Egg Omelet, Mandarin Oranges, Milk<br>Lunch: Mango Chicken, Greens/Cabbage, Glazed Carrots, Cornbread, Milk<br>Snack: Blueberry Muffin, Milk               | 30. Breakfast: Breakfast Burritos, Berry/Cantaloupe, Milk<br>Lunch: Cowboy Soup, Peaches, Milk<br>Snack: Gold Fish Crackers & Grape Juice  |    | Eggs are a great source of several vitamins and minerals, including vitamin B12, selenium, and iron.  |

Early Head Start infants who are not yet eating table food are provide with formula, breast milk, infant cereal and baby food as instructed by parents and/or pediatrician.  
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